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Minnesota State University Moorhead

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The ADVOCATE

An award-winning newspaper published weekly for the Minnesota State University Moorhead community

Campuses work on diversity issues

Minority students struggle with racism in predominantly white university

By **LEE MORRIS**

Staff Writer

A single snowflake falls on her warm, brown cheek. She passes a black woman walking the opposite direction and they exchange smiles. In front of the library and strolling towards MacLean, the Tanzanian Shirley Mziray strides by a white person. A white person. Another white person.

She sits now in Café Connection and recalls a clash she experienced with a group of boys in her accounting class. Mziray said, "They never really respected my opinions.

You have to do well for them to respect you."

Mziray relates this incident of a fellow student's rejecting her answer that proved correct when the professor revealed the solution. She said, "This guy said, 'No'."

The group acquiesced to the wrong answer and Mziray was stuck in fury. Mziray said, "Yeah, because in most of my classes, I'm the only minority."

Mziray said she was unaware of the reason she was snubbed in her accounting class, whether it was because she is a woman, an international student or

a minority. She said outside of class, "people don't treat you like a minority but inside they treat you like one," referring to her peers.

Being one of few in a crowd of many, Mziray's college experience is alike other minority students' on campus. Minorities form seven percent of the student population and problems have historically hindered administrators attempting to enlarge racial diversity.

Abner Arauza, multicultural affairs associate director, said racial diversity is an essential part of a student's education. Arauza said for a student who

attends a non-diverse college, "It's like finishing your degree without taking math."

Arauza said MSUM's diversity is "changing." He said, "In some ways it's getting better, in others it isn't and it's not only getting better, we're losing ground."

Arauza said the main reason why attaining diversity is a constant battle "is where we are located geographically. We just don't have a lot of students to draw from."

One reason the university struggles to attain diversity is racism, which generates discomfort for students and po-

tential students. Arauza said, "I am often asked that question, 'is there racism on your campus?' The short answer is 'yes', but the long answer is 'there is racism everywhere'."

Phyllis May-Machunda, Training Our Campuses Against Racism co-founder, said, "I think that most of the students live on campus and have their whole life on campus and ... if the community treats them badly it makes them feel they're alien. It's going to be harder for us to attract students, to retain students."

❑ **DIVERSITY**, back page

Alumna pens weight loss book

By **GLENN TORNELL**

Special to The Advocate

When Laurie Bell was 15 years old, her parents retired from their Valley City farm and moved to the city.

Within three months, the once lean teen, who started most days at 5 a.m. feeding cattle before getting ready for school, had gained 25 pounds and the adjective "chubby" with her new cified, sedentary lifestyle.

Her weight-loss battle began, using weapons ranging from fasting and over-the-counter diet pills to sporadic exercise. Nothing worked.

Today the 41-year-old mother of two sports a six-pack on her taut 5'2", 100 lb. frame. And she isn't ashamed to show it, wearing a bikini on the cover of her just released book, "Lose the Lies Lose the Weight," which explains how she did it and how you can too.

"It's not just another diet book," said Bell, a 1988 MSUM elementary education graduate who started winning the battle of the bulge in her junior year at the university. "It teaches women to believe in themselves by eliminating their negative self-talk so they can change and get in shape. What separates fit people from fat people are their thoughts."

For her, the turnaround came on like an epiphany.

"One night I had a reality check," she said. "I was getting ready for a date. Nothing fit right. All my jeans were too tight. I cancelled my date and stayed home feeling depressed and frustrated. On top of that, all my friends had gone to Florida on spring break."

That's when she did some math. "I realized if I kept gaining five pounds a year, I'd weigh 175 pounds at 30, 225 pounds at 40, and 275 pounds at 50."

Putting her self-doubts aside, she joined a health club in Fargo the next day. "I started working out regularly in March of 1987 and never quit," said Bell.

The former elementary education

“

Giving in just once a day is all it takes to be fat. An extra 500 calories a day ... makes you gain one pound a week. That's 52 pounds a year.

Laurie Bell
MSUM graduate

teacher now lives in suburban Denver with her husband Brian and their two children. Her expertise in weight loss comes from years of research on exercise, nutrition and psychology and interviews with experts in those fields.

"Your mindset, getting ready to succeed, is an important part of getting fit," she said. "Many weight loss books don't prepare readers for the psychological challenges they'll face as they strive to get in shape. In the first six chapters, I teach readers how to get mentally prepared to win at weight loss."

In her book, Bell destroys myth after myth about the relentless struggles many women face trying to lose weight, such as "Everyone gains weight as they get older" and "You'll never look the same after having kids." She also identifies 10 destructive lies women often tell themselves, six manipulative lies they hear from others, four nutrition and two exercise lies. On the list: "I've tried everything" and "Carbohydrates make you fat."

Her approach combines 25 specific action steps; a laser focus on self-improvement; guidance on dealing with "saboteurs"; common sense eating principles such as avoiding white flour, white sugar and salt; and three illustrated workout plans.

She also discusses how to cook for your "flubby hubby," offers 10 restaurant guerilla warfare tips and explains how to approach fitness as a part-time job.

"Giving in just once a day is all it takes to stay fat," she points out. "An extra 500 calories a day (the equivalent of a quarter-pound cheeseburger, two glazed donuts or a jumbo banana nut

muffin) makes you gain one pound a week. That's 52 pounds a year. To burn up those 500 calories requires exercising at least 60 minutes a day. With that in mind, I'd rather pass on those extra unnecessary calories."

Bell admits losing weight is brutal, especially in a society so food-obsessed. In her book she recommends eating six times a day with 50 percent of the calories coming from quality carbohydrates, 25 percent from lean proteins, and 25 percent from quality fats.

But she's adamant in her message to women: "It's never too late to change. Decide that 2006 will be the first year of the rest of your lean, fit life."

The book includes a forward by Fitness Olympia Champion Monica Brant and reviews from a variety of nutritionists and women who've lost weight with her method.

How did Bell get a six pack and lose 30 pounds six months after having her second child? You'll have to read the book.

"Lose the Lies, Lose the Weight" (\$24.95 hardcover, 296 pages) is available at www.losethelieslosethe-weight.com by calling 800-860-7199, or at local bookstores.

Bell offers five weight loss tips for 2006:

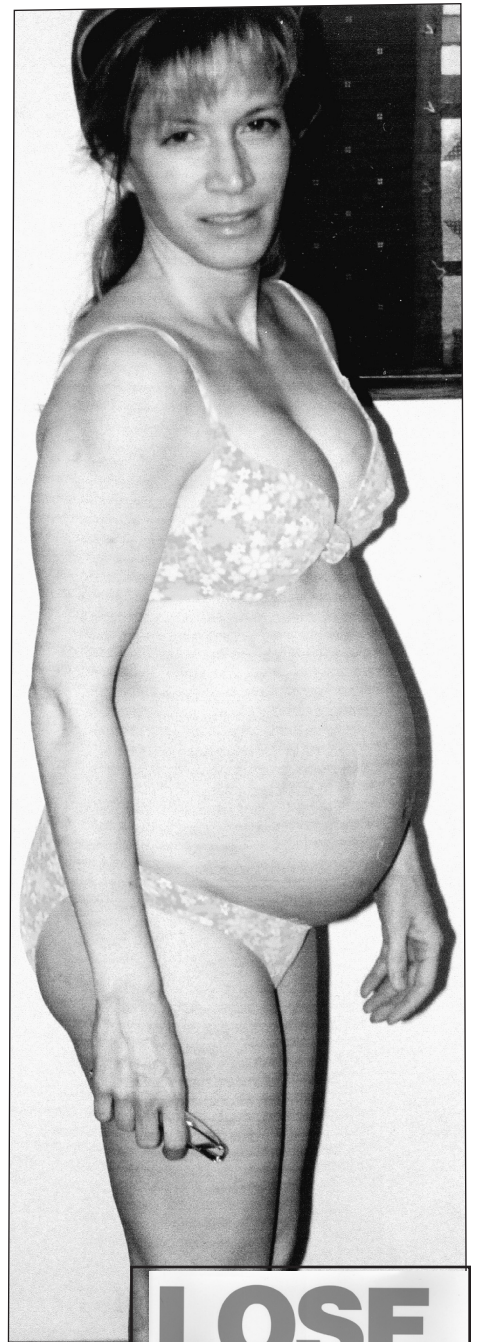
- Visualize your ideal self. Cut pictures out of health and fitness magazines. Add your face to the fit person's body.

- Keep a food journal. You might think you don't eat that much, but you probably consume more than you think.

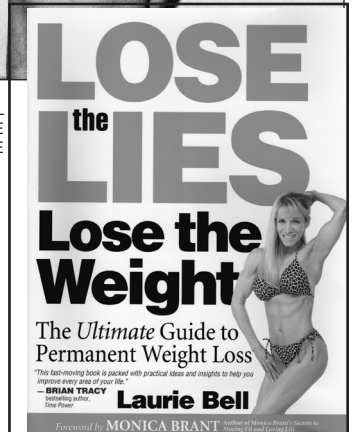
- Eat like a champion. Athletes eat lots of fruits, vegetables, rice and whole-grain foods to maintain their energy level.

- Reverse your thinking about "goodies." You want to get fit, yet you continue fantasizing about high-calorie, low-quality foods. That doesn't work.

- Give yourself the gift of health. Join a health club. Buy a treadmill. Pamper yourself by purchasing sessions with a personal trainer.



SPECIAL
TO THE
ADVOCATE



MSUM alumna Laurie Bell turned her own weight loss journey into a guide for others, "Lose the Lies, Lose the Weight."

NEWS BRIEFS

Page 2, The Advocate

Thursday, January 12, 2006

Security Report

12.14 — 1.10

- 12.14 Pornography/obscene material in computer lab.
- 12.14 Motor vehicle accident in Lot P.
- 12.15 Elevator emergency in Snarr complex.
- 12.15 911 hang up in Owens.
- 12.17 Trespass of real property in Snarr West.
- 12.19 Fire alarm in Neumaier.
- 12.20 Fire alarm in library.
- 12.21 911 hang up in CMU.
- 12.22 Fire alarm in King Hall.
- 12.28 Fire alarm in Flora Frick.
- 12.29 Unauthorized Internet use in library.
- 12.30 Suspicious activity in Grantham.
- 1.09 Minor in consumption in Neumaier.
- 1.10 Harassment in Neumaier.

Assistant orientation coordinator named



Elizabeth Allen, a junior English education student from Gobles, Mich., has been named MSUM's assistant orientation coordinator. Allen will select and train 50 student orientation counselors.

As assistant orientation coordinator, Allen will also be responsible for helping schedule the orientation of more than 1,600 new students on campus next fall.

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Applications ready for academic event

The purpose of the Student Academic Conference is to showcase the work and talent of MSUM students through presentations, posters and creative works at a one-day conference held annually at MSUM in the CMU.

Students enrolled in the current academic year are to submit presentation applications, which are due Feb. 10, 2006. Applications can be found online at: www.mnstate.edu/acadconf.

This years conference date is April 12, 2006.

If you have any questions, contact Andrew Conteh at 477-4009 or e-mail him at conteh@mnstate.edu

Lakselaget offers scholarships

Scholarships are available to Norwegian students who wish to study in Minnesota or Americans desiring to study in Norway. It is also open to providing grants to American professional women who have the opportunity to intern in Norway and, of course, to Norwegians interning in Minnesota. The grants are meant to supplement wages lost for experience gained.

Applicants should have an interest in contemporary Norway and all things Norwegian, such as the sciences, technology, business, politics, language and culture, and who seek to enhance and disseminate their knowledge.

Application instructions and criteria can be downloaded from the Lakselaget web site at www.lakselaget.org. The deadline for applications is March 1, 2006.

For further information, contact Foundation Director Nancy Gossell at n.gossell@worldnet.att.net.

Bolduc appointed Director of PSHA

Steven Bolduc has been appointed the new director of the Public Human Service and Health Administration Masters program at MSUM.

Jim Danielson has headed the program since 1987. Upon his retirement, Bolduc will assume the position in July 2006.

Bolduc's research interests, publications and professional activities have focused on political economics, ecological economics, industrial policy and several dimensions of the public policy process.

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The Advocate is published weekly during the academic year, except during final examination and vacation periods. Opinions expressed in The Advocate are not necessarily those of the college administration, faculty or student body.

The Advocate encourages letters to the editor and your turn submissions. They should be typed and must include the writer's name, signature, address, phone number, year in school or occupation and any affiliations. Letters are due Monday at 5 p.m. and can be sent to MSUM Box 130, dropped off at The Advocate office in CMU Room 110 or e-mailed to us at: advocate@mnstate.edu. The Advocate reserves the right to edit letters and refuse publication of letters omitting requested information. It does not guarantee the publication of any letter.

"The human race: Melts in your mouth, not in your hand."

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The Advocate is always looking for talented writers, photographers, columnists and illustrators. Meetings are held every Monday at 4:30 p.m. in CMU 110.

Contact the editor for more information or come to the meetings.

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Girls choir has final Call for auditions

The Lake Agassiz Girls Choir is holding their final auditions for this season on Jan. 19. LAGC is a community choral organization for girls in grades three through 12.

To schedule an audition or for more information call Cecilee Turmo, executive director, at 491-3040 or e-mail her at lagc@gomoorhead.com.

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Alicia Strnad
Editor

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Opinion Editor

Lack of diversity problem for university

One of the most important ingredients to any successful business or community is a sense of unity and acceptance. When one member of a team feels less important than others, productivity lag.

As members of a university, it is important to keep this in mind. The students, faculty and staff of MSUM function as a small community. Each member of the community with their own goals and objectives, but together have a common goal of education.

According to the associate director of multicultural affairs, our campus is less than inviting to minority students.

That is a problem.

MSUM currently boasts 229 international students and 339 American minorities. Each and every one of these students is as important as any other student enrolled on this campus. They should feel that way.

Of course, when it comes to the topic of diversity, there are a few obstacles that simply cannot be overcome. In general, MSUM is not located in a geographically diverse location. While our campus is not very diverse, it is probably just as or more diverse than the Fargo-Moorhead community.

What we can help, however, is how accepting we are of our international and minority students. These students chose to come to MSUM for a reason. This university advertises an inviting atmosphere with small class sizes and accepting professors. Now imagine traveling halfway around the world only to sit down in a class where no one listens to you or accepts your ideas.

How inviting is that?

What we can do is make an effort to change our way of thinking. International students have a lot to teach us about different cultures, lifestyles and ways of thinking. By listening to their ideas we cannot only enhance their learning experience but our own as well.

The saying goes word of mouth is the best form of advertising. Let's make sure that when it comes to the camaraderie at MSUM, there is only good things to say.

The opinions expressed in The Advocate are not necessarily those of the college administration, faculty or student body. The Advocate encourages Letters to the Editor and Your Turn submissions. They should be typed and **must include the writer's name**, signature, address, phone number, year in school or occupation and any affiliations. Letters are due by 5 p.m. Monday and can be sent to MSUM Box 130, dropped off in The Advocate office or e-mailed to advocate@mnstate.edu.



Break lacked adventure, filled with good flicks

Well hello there loyal Advocaters. I am here to wish you a happy 2006 and a merry, late holidays. There has been some speculation as to what exactly I have been up to over this winter break.

One rumor circulated around town that I had traveled to Mexico to sell placebos to elderly U.S. citizens who were trying to get cheap meds south of the border.

Another whisper I heard on the wind said that I was traveling around the world in a hot-air balloon. The wind went on to say that observers on the ground had witnessed a Viking man in a hot-air balloon who, loony with altitude sickness, was dropping human waste on passers below.

The last thing that I heard about myself over break was that I was spending time with my family and decompressing after a particularly trying semester. The third scenario is closest to the truth. I spent a lot of time going to movies and watching Arrested Development and Deadwood on DVD. By the way, I am disgusted with the fact that Fox would cancel a beautiful, hilarious and poignant show like A.D. but it will leave The War at Home on to stink up the air waves with Michael Rappaport's over-active hand gestures and homophobia.

So, like I mentioned earlier, I spent a lot of time watching movies over the break and two films in particular struck me as fantastic.

First off, Brokeback Mountain is one of the most hard-hitting and intense romantic dramas I have ever seen. Go see it. No

matter what you have heard or what you think about homosexual cowboys, you must witness this movie. I'm not even going to make some absurd joke about gay cowboys because I enjoyed this film so much. It was about 15 minutes too long and it lost me for a minute or two, but, aside from that, I was firmly fastened to my seat.

My other must-see-film is, of course, King Kong, but, again, this is just a bit too long. So, I figured I could save those of you who fall into the short attention span side of the movie going population by paraphrasing the first act of the movie. This way you can show up 45 minutes to the film and not miss a thing.

First off, Jack Black is an actor or a movie director or something. I wasn't really paying attention—and he gets Naomi Watts and that dude, the guy from the Pianist that had the long Oscar acceptance speech, to go on a retreat to Skull Island.

I'm pretty sure he wanted to sacrifice two beautiful people to the natives so that they would grant him, Jack Black, with the secret to eternal life—again, I wasn't paying attention and I had to get up and pee.

No. I know what it was. They were making a movie about Jack Black's character trying to gain eternal life and Adrian

Adam Quesnell
Columnist



Brody was playing Jack's brother who had to seduce a witch (Naomi Watts) in order to learn her secret of immortality. But, at the last minute, the witch summons a bunch of frightening natives who dance around scream-

ing before smashing the heads of Jack Black's crew with sticks.

By this point in the movie I was half asleep but I think the witch summoned a giant monkey (perfectly portrayed by King Kong himself). Then, just before the ape attacks Jack Black, Kyle Gass (the talent side of Tenacious D) shows up to swoop his buddy to safety.

However, King Kong gets mad about some toy licensing issue connected to his likeness rights and he kidnaps Naomi Watts demanding 60 percent of any gross profit made off of his likeness.

After all of that exposition the film really gets cooking as Jack Black and his men must go to save Naomi Watts in order to forgo Kong's contract gouging. Oh, and while they are on the rescue mission, Jack Black and Adrian Brody briefly discuss how nice it would be to live together and tend to sheep in Wyoming. I smell another Oscar for Peter Jackson and company.

Have a great semester. Peace, Love, and harmoniums.

Where did you think Adam was?
E-mail Adam
at quesnead@mnstate.edu.

Send all letters
to the editor to
advocate@mnstate.edu.



Jan. 13:
WBB vs. Bemidji State 6:00 p.m.
MBB vs. Bemidji State 8:00 p.m.
TRK at Bison Open
SWM vs. Minnesota,
Morris 6:00 p.m.

Jan. 14:
WBB vs. Minnesota, Crookston 6:00 p.m.
MBB vs. Minnesota, Crookston 8:00 p.m.
TRK at Minnesota
Open, Minneapolis
WR at NWCA National
Duals, Cedar Falls, IA
9:00 a.m.

Jan. 15:
WR at NWCA National
Duals, Cedar Falls, IA

Jan. 20:
WBB at Concordia-St.
Paul 6:00 p.m.
MBB at Concordia-St.
Paul 8:00 p.m.
WR vs. St. Cloud State 7:00 p.m.

Jan. 21:
WBB at Winona State
6:00 p.m.
MBB at Winona State
8:00 p.m.
SWM at St. Catherine's
Invite (Divers)
TBA

Home events in bold.

- 2005-2006 NSIC All-Sports
Competition Standings (Fall)
1. Winona State (32 pts)
 2. Wayne State (29)
 3. Concordia-St. Paul (27)
 4. Northern State (26.5)
 5. MSUM (22)
 6. Bemidji State (19.5)
 7. SW MN State (17)
 8. Minnesota, Crookston (9)

Dragons in the News...

Banners will be raised for the most recent conference championship teams from MSUM. NSIC champs from women's cross-country and basketball, along with the 2005 volleyball team that advanced to the NCAA Division II regionals, will be honored this Friday during the home basketball game versus Bemidji State. ... Part of the credit for North Carolina State's 14-0 Meineke Car Care Bowl victory over South Florida can be attributed to a former Dragon quarterback. Marc Trestman played one season with the Dragons in

1978 before NFL coaching stops took him to Cleveland, San Francisco, Minnesota, Miami, Oakland and Arizona. Trestman just finished his first year as Offensive Coordinator/Quarterbacks Coach for the Wolfpack. ... Rock Gullickson, an offensive lineman for the Dragons and first team Associated Press College Division All-American in 1976, most recently has served as strength coach for the New Orleans Saints. ... Laura Pace, a two-time Minnesota State High School hurdle champion from Pillager High School, has signed a letter of intent to run for coach Keith Barnier and the Dragon Track program.

WRESTLING

Keen, Baker lead 11th-ranked Dragons

BY STEVE HARTMAN
Sports Editor

MSUM dominated the Limestone Duals, winning two matches by a combined score of 76-17, Jan. 3 at the Timken Center, Gaffney, S.C. The Dragons defeated Carson Newman College 35-10. At 141 pounds senior Ben Keen pinned Robert Cate in 51 seconds. Junior Nate Baker managed a fall over Justin Ransom in a time of one minute, 53 seconds at 165 pounds. Other Dragons winning individual matches were seniors Dave Burgard (forfeit) and

Chris Tuchscherer (10-0) and juniors Kyle Trout (7-5), Skip Toops (13-5) and Joe Fachinni (0:59). "Ben and Nate had decisive pins," said assistant coach Desmond Radunz. MSUM took on host Limestone College and came away with eight wins out of 10 matches, posting an impressive win-41-7. Once again it was seventh-ranked Keen and fourth-ranked Baker leading the way. For the second straight match they combined for pins. Second-ranked Tuchscherer also added a pin for MSUM, dropping Ken Edmondson in 2:25.

Also adding falls were sophomore Troy MacFarland and senior Tony Soderberg. MacFarland earned a pin at the 133-pound weight class over Matt Ross at 6:02. Soderberg pinned Mike Walsh in 1:30 at 184 pounds. Other Dragons earning victories were sophomore Peter Hayes (13-0) and juniors Ross Malikowski (14-5) and Toops (7-0). Some younger wrestlers also got some mat time as exhibition matches were held for the participating teams. Freshman Josiah Bush beat a junior college All-American. "He's been doing really well. He just won the starting spot,"

said Radunz. MSUM is currently ranked 11th in Division II. The Dragons take their 4-1 record on the road Jan. 14-15 to Cedar Falls, Iowa for the NWCA National Duals. This is an all division meet with teams from Division I down to NAIA competing. The National Duals will certainly present a good challenge for the Dragons. "Some of the best teams will be there," said Radunz. "Hopefully we can place in the top five."

Hartman can be reached at
hartmast@mnstate.edu.

WOMEN'S BASKETBALL

Dragon women smother Mustangs, 72-43

BY STEVE HARTMAN
Sports Editor

The clamps were on in full-force as MSUM's defense suffocated Southwest Minnesota State en route to a 72-43 conference-opening win, January 6th at the R/A Facility in Marshall, Minn. The stingy Dragon defense held Southwest to 27.9 percent shooting on the night. Of the 14 players dressed for the game, 12 saw 10 or more minutes for MSUM. "Depth can be a strength, but you can also lose continuity," said head coach Karla Nelson. "In conference play you want a consistent top eight or nine players," Nelson said. Sophomore Allison Swenson scored a game-high 15 points on 5-for-7 shooting. Freshmen Meghan Rettke pulled down eight of MSUM's 46 rebounds. The Dragons jumped out to a 51-22 halftime lead. The win over the Mustangs was the fifth straight for MSUM. The Dragons couldn't capitalize on the big win over Southwest as they fell to Wayne (Neb.) State the fol-

lowing night, 81-59. The Wildcat lead was only three at the break, but WSC outscored MSUM 43-24 in the final 20 minutes to take the victory. Nicole Gruntorad only missed two shots on the night for Wayne. Gruntorad finished with 25 points, going 9-for-11 from the field and 2-for-2 from the charity stripe. MSUM was led by Swenson's 12 points. MSUM shot only 35.9 percent from the field including a cold, 6-for-20 from the 3-point line. "Our guard play has been a little inconsistent. Katie (freshman Katie Walden) has been consistent running the show, but the scoring from the guards has not," said Nelson. On Dec. 22 MSUM traveled to sixth-ranked St. Cloud State.

Sophomore Jessica Trautwein had 12 points and nine rebounds. Swenson nabbed a double-double as she scored 12 and pulled down 12 rebounds. "She's (Swenson) been our most consistent player. She should keep getting better," said Nelson. MSUM posted a 65-61 non-conference win over MSU, Mankato on Dec. 20 at Alex Nemzek Fieldhouse. Junior Lindsey Anderson scored 14 points on 7-for-9 shooting to pace the Dragons. MSUM hosts Bemidji State and the University of Minnesota, Crookston this weekend. "We need to rebound and cut our turnovers and maximize our possessions to win this

weekend," said Nelson. The Beavers bring an even 7-7 record into Friday's match-up. They split their conference games last weekend. "Bemidji is much improved, especially in the league. Our transition defense needs to be in high gear, otherwise we might struggle." The Golden Eagles from Crookston sport an even conference record as well. They followed their win over Winona State on Friday with a 40-point loss to Concordia-St. Paul on Saturday. "Crookston has been up-and-down this season. But they have three very good starters," said Nelson. Action starts at 6:00 p.m. Friday and Saturday night.

Hartman can be reached at
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MEN'S BASKETBALL

Dragon men go 2-2 over break

MSUM drops Mustangs, 73-62, in conference road opener

BY STEVE HARTMAN

Sports Editor

MSUM pushed into the winter break with an 8-1 record. They came out of it at 10-3 after the opening weekend of conference play.

The Dragons invaded Southwest Minnesota State Jan. 6 and came away with a 73-62 win.

MSUM pushed their lead as high as 23 points before the Mustangs mounted a comeback. With 3 minutes, 56 seconds remaining the Dragon lead was down to seven but they managed to hang on for the victory.

Leading the Dragons were senior Cedrick Hensley and sophomore Blake Strouth with 27 and 20 points respectively.

Senior Marcus Ebow distributed the ball well as he dished out 11 of MSUM's 20 assists.

Hensley also led in rebounding, pulling down nine boards.

The Dragons torched the nets as they shot 58.7 percent for the game.

Four players scored in double figures for the Mustangs. Travis Kreske's 15 points led the way for Southwest.

The same fire that torched the nets in Marshall, Minn., on Friday night was put out on Saturday.

MSUM managed only 31.9 percent shooting from the field as they fell to Wayne (Neb.) State, (3-7, 1-1).

The Wildcats shredded the nets, connecting on 15 three-pointers.

Wayne State had balanced scoring, placing four players in double figures.

MSUM was led by sophomore Lee Isaacson and freshman James Crowder. Each had 11 points.

Isaacson also pulled down a team-high of six rebounds.

The previous week MSUM put five players in double-digit scoring as they beat Mayville State 71-57.

The Dragons held Mayville's leading scorer, point guard Gilby Sanchez, to 8 points on 2-for-9 shooting.

Freshman Jamal O'Neal led MSUM with 13 points and eight rebounds.

The rebounding edge went decisively in MSUM's favor as they outrebounded the Comets, 42-22.

MSU, Mankato held MSUM to 35.7 percent shooting as they beat MSUM in non-conference game men's basketball, 67-53.

Hensley netted 16 points to lead the way for the Dragons.

The Dragons welcome Bemidji State and the University of Minnesota, Crookston into "The Lair" this weekend.

The Beavers bring a 6-8 record to MSUM. BSU is coming off a big win over No. 14 Winona State.

The 2-12 Golden Eagles enter the weekend 0-2 in conference play after dropping games at Winona State and Concordia-St. Paul.

Hartman can be reached at hartmast@mnstate.edu.

Track and Field

Three Dragon pole vaulters qualify for Division II championships in Boston

BY STEVE HARTMAN

Sports Editor

Sophomore Derik Brugger, senior Tiffany Spriggs, and freshman Jennifer Hensel have provisionally qualified for the 2006 NCAA Division II Indoor Track and Field Championships in Boston in March.

The marks were set at the Northwest Open on the campus of the University of Minnesota, Twin Cities.

Brugger set a mark of 15-5 1/2 as he placed third.

Spriggs cleared 11-7 3/4 to earn a second place tie.

Hensel wasn't far behind with a vault of 11-1 3/4.

Freshman Katie Fleming finished the 60-meter dash in a time of 8.19 seconds. Fleming's time

was good enough for a third place finish.

Fleming also finished fifth in the 200 meters.

A time of 62.36 earned Alison Streyle a third place finish in the 400-meter dash.

Streyle also finished fifth in the 60-meter hurdles.

Freshman Sara Julsrud finished the 800-meter run in a time of 2:24.07, earning second place.

Junior Kristin Dolence, sopho-

more Holly Farwell and freshman Sarah Rebenitsch finished two, three and four in the mile run.

MSUM's 4x400 meter relay team took home second place honors with a time of 4:25.92.

Senior Kristan Anderson came up just shy of first place in the long jump. Her distance of 16-feet, 10-inches garnered her second place.

Hartman can be reached at hartmast@mnstate.edu.

Eventful weekend set for Alex Nemzek Fieldhouse

Banner-raising, community events highlight Dragon basketball homestand

Banners will be raised on Friday, Jan. 13th at Alex Nemzek Fieldhouse commemorating MSUM championship teams from the past year. NSIC conference championship teams in women's cross-country and basketball, along with the 2005 volleyball team that advanced to the NCAA Division II regionals, will be honored at this weekend's basketball homestand versus Bemidji State.

The following night

MSUM hosts University of Minnesota, Crookston. Athletic Director Alfonso Scandrett Jr. has dubbed Saturday's doubleheader "Thank you F-M" night. "Thank you F-M" night allows all fans to enter the game free of charge.

Scandrett organized the event to thank the F-M community for its support and to help citizens learn more about MSUM and its athletics program.

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One-woman show celebrates MLK Jr. Day

Performance poet Ge'ylah Jones presents classic works of black literature on Wednesday

By SARA HACKING

A&E Editor

Words have the power to change the world.

That's the message the multicultural affairs office and the Black Student Alliance are uniting to share with "The Power of the Tongue," a one-woman show by nationally recognized performance poet Ge'ylah Jones.

The performance is in celebration of Martin Luther King Jr. Day and will take place at 12:30 p.m. Jan. 18 in the CMU Ballroom. The event is free and open to the public.

Jones said the message of "The Power of the Tongue" is a dual one.

"The power of death and life are in language," she said. "Sometimes we don't realize the impact on others and ourselves with what we say. We can speak life or we can speak death."

"The Power of the Tongue" features works by Martin Luther King Jr., Phyllis



PHOTO PROVIDED

Ge'ylah Jones performs poetry for MLK Jr. celebration.

Wheatley, Maya Angelou and other black writers. The hour-long show covers the black experience from pre-slavery, slavery, abolition, reconstruction, civil rights to contemporary America.

Anthony Holloway, president of the Black Student Alliance, said he hopes for good attendance at the event.

"I hope ... that students and staff can learn about African-Americans, what we've been through and how we've impacted society. We do have a voice."

He said the words of King in particular have influenced his life.

"I've listened to all of his speeches," he said. "The inspiration I've found from Martin Luther King is just speaking to all people of all kinds. You've got the power to speak your mind about how things should be."

Jones said she considers it a gift to communicate poetry to the average person in a way that allows them to better understand the meaning of the poem.

Jones's mother introduced her to poetry by making her memorize and recite "I, Too," by Langston Hughes when Jones was five years old. She recalls her mother saying that of all her four children she had "the gift" of speaking poetry.

Although Jones primarily considers herself a performer of poetry, she has written some poems including "The Power of the Tongue," the title-piece of her show.

Jones said the poem was

inspired by a conversation with Susan L. Taylor, former editor of Essence magazine. Jones said Taylor told her, "You have a gift other people wish they had."

"Her speaking that positivity into my life was instant validation for me," Jones said.

The conversation not only

“ Sometimes we don't realize the impact on others with what we say. We can speak life or we can speak death.

Ge'ylah Jones

Performance poet

inspired Jones to continue performing poetry but to write poetry. Jones said Taylor pointed her to Proverbs 18:21, which states, "Death and life lie therein the power of the tongue and they that love it shall eat the fruit thereof."

Donda West, musician Kanye West's mother, is another

woman whose words inspired Jones. She said West encouraged her to tour nationally after seeing her perform at a Black Writers Conference at Chicago State University.

"Once again, the power of the tongue," she said about West's influence.

Jones has performed at more than 400 universities and colleges, although this is her first trip to the Fargo-Moorhead area.

Although Holloway acknowledges that some black students do not feel welcome in Fargo-Moorhead, he said he has found the MSUM campus more than welcoming to people of all ethnic backgrounds. He said the important thing is to ask for help when you need it.

"That's the nice thing about this community, about the Fargo-Moorhead area," he said. "All you have to do is ask."

Hacking can be reached at sarahacking@hotmail.com.

MSUM theater department offers tour to Broadway

By SARA HACKING

A&E Editor

This spring semester, the MSUM theater department continues its two-decade tradition of sponsoring the annual New York Theatre Tour.

The trip to experience live theater on Broadway will take place March 14-19 with Craig Ellingson, chair of communications studies, film studies and theatre arts, leading the tour. He said the purpose of the tour is to allow students and community members the opportunity to travel to New York and be introduced to New York theater.

"It's open to everyone and anyone," Ellingson said, explaining that people from other states even sign up for the tour.

Artsy alternatives

Art display at MSUM

Jan. 10-Feb. 9:

Textile artist Alison Gates will exhibit selections of her work Jan. 10-Feb. 9 in the Roland Dille Center for the Arts Gallery.

Rock Show Jan. 14:

The Ratt frontman will perform at Hooligans. Tickets are \$13 in advance, \$17 day of show. (701) 373-0770.

Violin concert Jan. 18:

MSUM faculty violinist Eric Grossman, 8 p.m., Glasrud Auditorium.

He said the tour usually attracts an eclectic group of people ranging from college students to 75-year-olds.

Reservations and a deposit of \$350 are due on Jan. 31 with the remaining balance towards the total cost of \$895 per person for a quad room or \$1,225 per person for double rooms due by Feb. 28. If needed, triple and single room accommodations can also be made. Cancellations must be made on or before Jan. 17 for payments made minus a \$50 cancellation fee.

The cost includes tick-

ets to four Broadway shows and accommodations at the Edison Hotel, which Ellingson describes as in the "heart of Times Square, the middle of the Big Apple."

Participants need to book their own air travel.

Ellingson said the tour plans to attend three musicals and one straight play. Possible shows include "Sweeney Todd," "The Color Purple," "The 25th Annual Putnam County Spelling Bee," "The Light in the Piazza," "Doubt," and "Three Days of Rain."

He said the major benefits

of participating in the MSUM tour are lower costs for tickets and hotels as well as the opportunity to have backstage tours or an interview with a Broadway performer.

"You get to experience New York with a group of people, rather than by yourself," Ellingson said.

He said the schedule of the tour allows for a lot of down time so participants can explore the city independently.

Eligible students who are interested in obtaining 1-3 credits can develop an inde-

pendent study while on the tour. Ellingson said some options for study include readings and exploration of the theater district, research on architecture of the buildings, a reflective journal and a paper.

Applications for the tour are available through the MSUM theater department. Those interested in learning more about the tour can contact Craig Ellingson at ellngson@mnstate.edu or call 477-4617.

Hacking can be reached at sarahacking@hotmail.com.



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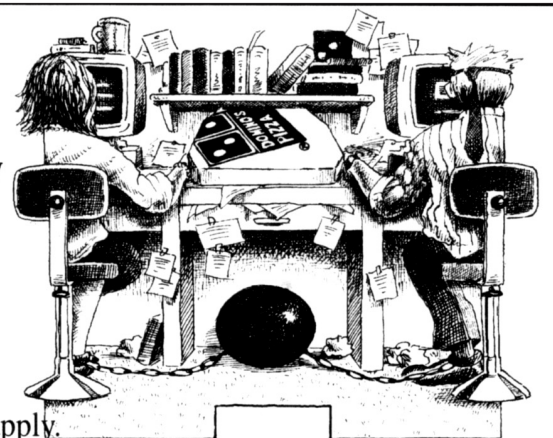
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DIVERSITY, from front

Arauza said, "Some (minority) students leave here not feeling comfortable, even after they graduate. Part of it is environment; part of it is the individual. From the feedback we've gotten from students, they feel more comfortable here on campus than in the community."

Michael D. Parsons, college of education and human services dean, said MSUM does not seemingly register as a community where minorities can be received.

Parsons said, "It doesn't look like a community to receive you. When we try and recruit students and faculty we try to show them as a community that embraces diversity and difference that they won't be unwelcome here."

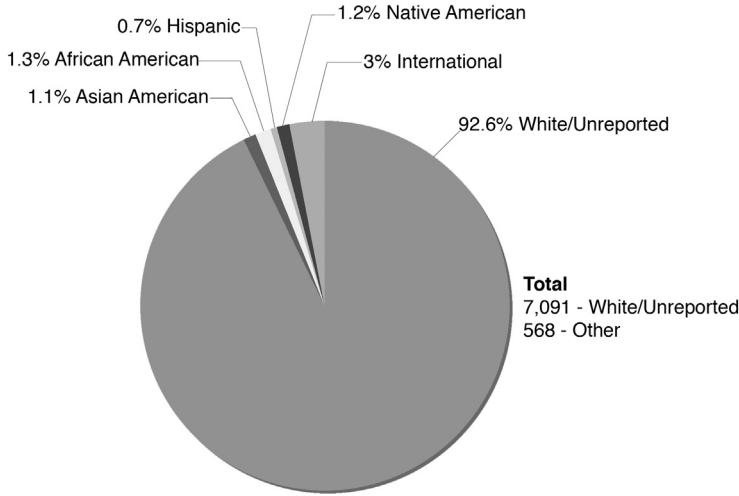
Parsons said his college is in the process of pairing with historically black universities and sending student teachers to Texas to build opportunities for students to learn in a racially diverse environment.

In order to strengthen their racial diversities, North Dakota State University and MSUM both produced plans aimed at increasing minority students and faculty and staff members on their campuses, NDSU in 2005 and MSUM in 2004.

MSUM's five-pronged plan's first phase finished in December after a 22-month effort. During this phase of the plan, titled "Enlarging MSUM's Racial and Ethnic Diversity," the percentage of American minorities on campus raised less than one percent.

President Roland Barden said, "There are a lot of initiatives identified we identified in the plan and I don't think anyone can say all those were met."

Barden said, "We have not been able to increase the number of (minorities) and that's why I think we need a strong group working for the implementation of this," which the plan currently lacks, as its goals are scattered throughout different offices.



Racial make-up of campus

Barden said some of the "significant things" the campus accomplished to improve its racial diversity include creating the access scholarship, which enables students from culturally diverse backgrounds to attend MSUM easier.

Parsons said the courses in his college are now multi-culturally diverse, which is more important than offering a course on multiculturalism. He said, "It doesn't matter if it's mathematics or music or art or history, it can be a multi-cultural course."

Parsons said diversity goes beyond demographics. He said, "It's people interact-

ing with each other, different ways of receiving each other and interacting with each other. It challenges them to think about other people's ideas and possibly arriving at different levels of understanding."

MSUM's international program, a major factor contributing to diversity although some international students are white, has strengthened steadily since 1997. The program currently possesses 229 international students, with 43 Nepalese students composing the largest group from any country.

Arauza said, "The university would not be fulfilling its re-

sponsibility without exposure to diversity. It's part of our lifestyle."

Mziray, who just finished her first semester at MSUM, said she knew of no efforts to

improve the diversity on campus. She said, "I don't know anything being done at all."

Morris can be reached at mnstate@mnstate.edu.

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